

Escape Tips

- If your smoke alarm goes off, don't hesitate. Respond immediately and follow your escape plan.
- If you need help **YELL**– the person designated to help you may not know there is a fire. If they do not respond quickly, call the fire department.
- If you have a cordless phone take it with you when you escape.
- **Test doors before you open them.** Reach as high as you can and touch around the door with the back of your hand (by the knob & around the frame). If the area feels warm, **Don't Open It!!** If it's cool, open the door slowly and be ready to close it in case there is smoke or flames on the other side.
- **Crawl low under the smoke to the nearest exit.** If you encounter smoke while you're escaping, try another escape route. If you must escape through smoke, crawl; keep your head 1-2 feet from the floor, where the air will be cleaner.



If You Cannot Escape

If exit paths are blocked or immobility prevents you from escaping, close as many doors as you can between you and the fire.

Use blankets, sheets, clothes or duct tape to seal around edges of doors and cover all vents to keep smoke out.

Call the Fire Department and tell them exactly where you're trapped.

Wait by a window to be rescued. If possible signal to firefighters by waving a light colored cloth or flashlight.



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Fire Safety For People With Disabilities



San Bernardino County Fire Department

Community Safety Division

Plan Around Your Abilities

If you have a disability, consider how it could affect your ability to escape a fire in your home. Call your local Fire Department and ask them for guidance. Talk to your family about your special needs. You and your family should have an escape plan, and all members of the household should practice it at least twice a year. You and your family should know at least two ways out of every room, and every exit out of the building. If your disability requires special arrangements, make them part of your escape plan. If you cannot escape on your own, designate a member of our family to help you. Also have a back up plan in case the person is unavailable.

You have approximately 7 minutes before your home is engulfed in smoke and fire.

**Plan your
escape
route**



Know Your Exits

It's especially important for people with limited mobility to sleep near an exit. If you live in a multi-level house, it's better to sleep on the ground floor and close to an exit.



Install Smoke Alarms

Smoke alarms warn you about a fire in time for you to escape. Have a smoke alarm installed inside and outside of your bedroom. If you have trouble hearing, purchase the smoke alarms that have a flashing light as well as a sounding alarm. All smoke alarms should be tested monthly, and batteries changed at least once a year. Smoke alarms can be tested by using a broom handle to push the test button.

Consider installing an automatic home fire sprinkler system. Sprinklers can contain and even extinguish a home fire in less time than it takes the Fire Department to arrive.

Sleep near a phone

The majority of fatal home fires happen at night. If you can't Escape, call the fire dept and tell them where you are. Alert your Fire Department, and make sure they are aware of your disability.



Keep a flashlight handy

Have a working flashlight in your bedroom. You may need it to escape in the dark, or signal firefighters if you get trapped by fire.

